

# JOB MARKET: MYTHS VERSUS REALITY

YOUTH AND EXPERTS REVEAL WHAT'S REALLY NEEDED TO SUCCEED IN TODAY'S ECONOMY PAGES 4 & 5

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WEEKEND, March 1-3, 2013



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# Expect to see a bump in taxes as freeze gets iced



Mayor Joe Fontana is pictured Thursday in council chambers as politicians prepare to approve the 2013 budget. ANGELA MULLINS/METRO

**Calling it off.** Mayor backs down from promise to hold the line for homeowners



**ANGELA MULLINS**  
[angela.mullins@metronews.ca](mailto:angela.mullins@metronews.ca)

Nope. Probably not again.

Taxes are likely to see a bump this year after Mayor Joe Fontana — the ringleader of a drive toward a third consecutive tax freeze — called off the push Thursday.

The move came as city council sat down for a final budget vote. The expected tax hike was 1.2 per cent at Metro's deadline — the same place it started six hours earlier.

Politicians could have hit the magic zero if they had made deep cuts, put less in savings or forced boards and commissions to deliver the same service without more money, Fontana said at the start of the meeting.

"I guess the question is: Should we?" the mayor said.

Simply put, it's not the time, he said. Firming up enough money to boost job creation is more important than avoiding a tax increase, Fontana said.

The economy, he said, needs more "oxygen" than he previously thought.

Speaking during a break in the meeting, Fontana hinted at a planned push to get below 1.2 per cent. Motions tied to that had not been put on the floor at Metro's deadline.

## A look back

- Mayor Joe Fontana made two big promises during his 2010 campaign against incumbent Ann Marie DeCicco-Best.
- One was that he would deliver four years worth of tax freezes, something some other politicians rallied behind.
- Fontana's other promise was that 10,000 jobs would be created during his term.

Bumping taxes a bit shouldn't be seen as a failure, the mayor said. Two months of budget debate have led to reducing costs while maintaining core services.

Budget talks started with an expected \$20-million shortfall. That gap had been narrowed to \$5.6 million by the time Thursday's meeting started.

"I think we've balanced the budget in a number of ways," Fontana said. "We've reduced our costs, we've maintained our services, (and) we're investing for the future."

## On the web

To get the latest on this story go to [metronews.ca](http://metronews.ca)



# Parking prices to leap during skating world championships

**Cashing in on congestion.** Sporting event brings global tourists, premiums for downtown drivers



**ANGELA MULLINS**  
angela.mullins@metronews.ca

Parking in some downtown lots is about to get more expensive.

Impark is hiking prices around Budweiser Gardens during the World Figure Skating Championships.

The company will charge flat event rates at surface lots — \$15 during the day March 11, 12 and 17. The rate goes up to \$25 from March 13 to 16. Parking will cost \$10 after 6 p.m. on all days, according to Impark's website (impark.com).

Typical daily maximums vary between downtown lots, ranging from \$7.50 to \$15.

Stashing a car at Impark's Citi Plaza will cost \$3 for a half hour — 50 cents more than the regular price — with a \$20 daily maximum. People parking at the Covent Garden Market garage won't pay a premium unless they specifically are going to Budweiser Gardens.

Lloyd Stacey, general manager of Impark London, said he

## Parking notes

- **Bagged.** A lot of street parking will be eaten up by lane and street closures around Budweiser Gardens during the World Figure Skating Championships. Meters in several areas will be bagged, officials say.
- **Precautions.** The city has taken multiple precautions to make way for the Worlds. For example, \$60 will get you a week-long pass to a park-and-ride lot near Adelaide and Dundas streets. Shuttles will run to downtown. Passes must be bought in advance.
- **Questions or concerns?** For questions about municipal lots, call 519-661-4537 or email parkingenforcement@london.ca.

had planned to charge more but scaled the numbers back after information sessions organized by Downtown London.

"Primarily, the rate's there because we're trying to earn revenue," he said. "At the same token, we do have extra costs, I'm going to have extra staffing, I'm going to be putting up signs.



A sign posted Thursday at Impark's Citi Plaza parking garage alerts people to rate increases coming during the March 11 to 17 World Figure Skating Championships at Budweiser Gardens. ANGELA MULLINS/METRO

## Impark

**"You also want to encourage those who won't be going to the event to park somewhere else."**

Lloyd Stacey, Impark London GM

manager of municipal law en-

forcement services.

With hotels in the south part of the city offering shuttle service to downtown and tour companies offering busing for the people they bring to town, Drost is optimistic there will be enough spaces to meet demand.

"I'm fairly confident it will work out," she said.

# United Way sets record after late push

After projecting a \$150,000 shortfall last month, United Way London & Middlesex met its record-setting campaign goal of \$8.75 million.

"It was a race to the finish," campaign chair Bill Tucker said in a news release.

The United Way will make its largest community investment of donor dollars ever, funding 83 programs and initiatives delivered



Bill Tucker TVDSB.CA

at 47 agencies.

"The most important

measure of success is the impact that this record-setting investment will have in people's lives right here in London and Middlesex County," said Andrew Lockie, CEO of United Way London & Middlesex.

United Way funding decisions are made by volunteers who represent a cross-section of the community. Agency allocations are determined

through a review process led by specially trained donor volunteers who assess the impact that funded programs and services have on the area.

In response to increasing demand for social services, the United Way placed special attention on programs for people and families dealing with mental-health issues and family stress because of job loss. **METRO**

## Program funding

- In 2013-14, United Way will continue to fund all agencies that continue to operate from 2012-13 investments.
- More than 80 per cent of agencies who requested increases to funding were granted them.

## Isotope production

### Lawson and partners awarded \$7 million

Lawson Health Research Institute and three partner organizations have been awarded \$7 million to support production of non-reactor-based medical imaging isotopes. The project is funded by Natural Resources Canada through the Isotope Technology Acceleration Program. **METRO**

## \$100k for tip

### Ponzi scheme victims up reward for alleged ringleader

Victims of an alleged investment scheme are upping the reward for information about a man considered one of its ringleaders.

Nancy Swinkels said \$100,000 is now on the table for a tip resulting in the "successful apprehension" of William Charles Rath. Swinkels, one of about 370 people



William Charles Rath CONTRIBUTED

involved in a class-action lawsuit against Rath, posted the first reward, \$25,000, about a year ago. **ANGELA MULLINS/METRO**

## Crime sting

### Project Deal Break nets arrests, drugs

In response to community concerns with a noticeable increase in drug-related activities, London police recently launched an operation to nab traffickers. From Feb. 20 to 23, Project Deal Break targeted drug trafficking in the Dundas Street corridor. A total of \$1,432 worth of drugs were seized. **METRO**

## Wednesday altercation

### Cause of man's death not yet known: Police

The autopsy of a man who died Wednesday morning after an altercation a few hours earlier has not found the cause of death, police said. Further tests are being conducted, under direction of the coroner, to try to determine a cause of death. These tests often take several weeks to complete. **METRO**



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# A tale of two job prospects

## New grads.

Good timing versus the ticking clock: Two grads tell of their success and challenges in a hostile job market



JOE  
LOFARO  
Metro in Ottawa

For Chris Meelker, finding work after graduating from Confederation College's Aerospace Manufacturing Engineering Technology program in 2011 was relatively easy.

After all, he had a job waiting for him at Bombardier — the largest aerospace company in Canada — before he took off his mortarboard.

The 26-year-old methods analyst said there were a few factors that led him to where he is today.

For one, he dropped out of Carleton University's engineering program in Ottawa.

"It was not what I thought it was going to be, and I could see that with the number of people there, the competition was going to be fierce," he told Metro



Chris Meelker, 26, says luck was on his side. CONTRIBUTED

in a phone interview from Montreal, where he works.

The program was a little too theoretical, he said, so he applied to Confederation College in Thunder Bay. In his last year, a member of Bombardier interviewed his graduating class for positions at the company.

He, along with four other graduates, passed and started work after just one month.

Not bad for someone who, at the time, was 24 and fresh out of college. He admits, though, that luck was on his side.

"I think it was really a case of timing," said Meelker. "Bombardier was working on a new program that they were hiring

for, and we were graduating at the right time."

With no student debt — he worked during school and the summers — he is now saving his money to buy a new house.

When asked why some youth are struggling to find work these days, he, like most, couldn't give a clear answer.

However, he said it may be related to simple numbers.

"When you have a ... class of 400 to 500 people at every major school in Canada, and you think that every year they're pumping out thousands of engineering grads — how can there be demand for that sort of thing?" he said.

## One of the lost

"I want to start a family ... Going back to school is counterproductive to that aim."

Aldin Basic, educated but unemployed

You can count Aldin Basic as one of the lost — the host of Canadian 20-somethings with a university degree that struggle to find work in their field.

In fact, Basic has two degrees — one in biochemistry and one in psychology from the University of Ottawa. He got the latter in October 2012.

But for the past four months, the 26-year-old hasn't been able to get his foot in the door. He wants to get into pharmaceutical or biomedical sales.

"Something where I can use both my theoretical knowledge and technical skills from science with communication skills that I've obtained from psychology and business," said Basic in an interview with Metro in Ottawa.

After fruitlessly sending out more than 200 job applications to various places since last May, he decided a couple of months



Aldin Basic, 26, has two degrees and no job. CONTRIBUTED

ago to try a different approach — investing considerable time in researching positions and developing contacts within a desired company before applying.

"I heard a statistic that says only 20 per cent of jobs are actually advertised on job search engines," said Basic. "So in order to increase your hit rate, you have to somehow become part of that inner circle. And when you're a recent graduate that has no real experience within the field you're trying to get into, getting into that inner circle is very difficult."

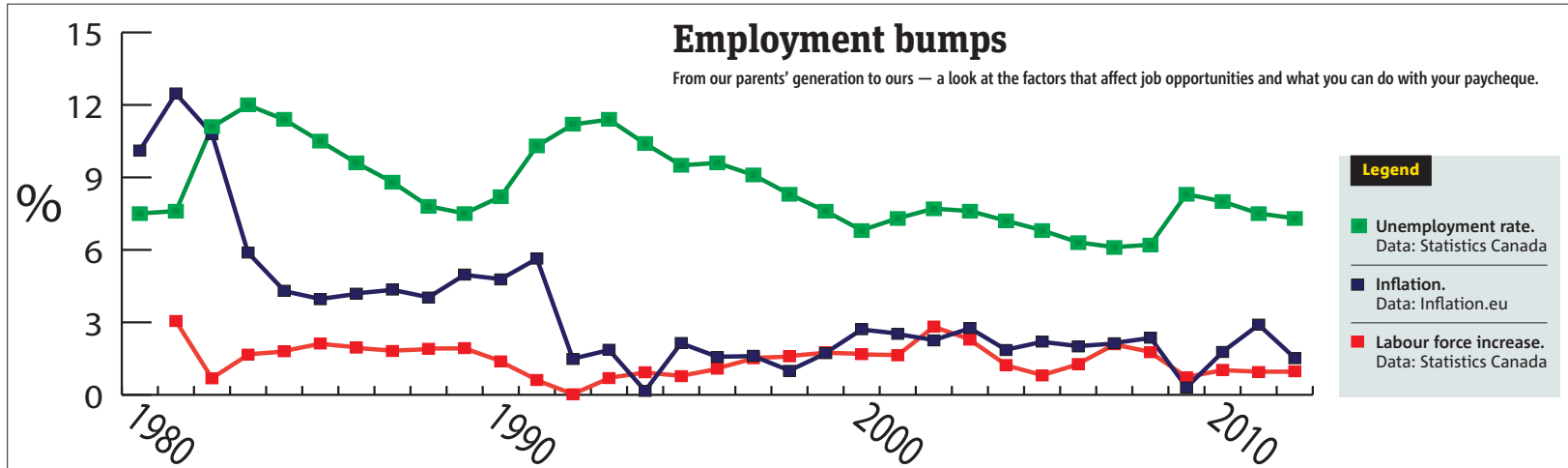
Part of the problem, he said, is that baby boomers are staying at their jobs longer while

more grads are coming out of university looking for work.

He said other stalled graduates he knows have either gone to graduate school or have gone to study other degrees. But for him, those are no longer options.

The clock is ticking. He gave himself a March 7 deadline — his 27th birthday — to find work. After that, he said he would broaden his job search outside of Ottawa.

"I want to start a family. I want to start helping my parents out at home. I want to start living a life right now," he said. "Going back to school is counterproductive to that aim."



# This ain't our parents' economy



ALEX  
BOUTILLIER  
Metro in Ottawa

When my parents were 26 and freshly out of university, they were expecting their first child and building their own house on land they owned.

Many in my generation are having a slightly ... different experience as we transition into our post-undergraduate life. And we're more likely to have a harder time getting started

on the next chapter.

True, unemployment among younger workers is much lower than it was after the recessions of the 1980s and 1990s. A recent study from the Certified General Accountants Association of Canada found that unemployment among younger workers between the ages of 25 and 29 was 7.8 per cent in 2011 — palling in comparison to the early '80s (12.9 per cent) and '90s (13 per cent).

At the same time, how-

## Out of the loop

80%

Most businesses want to hire grads at the beginning of the final year of post-secondary education. They recruit right out of school but 80 per cent of students don't know this, TalentEgg says.

ever, the barriers facing young people in getting a post-secondary education are increasing. In Ontario, tuition increased 200 per

cent between 1991 and 2007, according to the Communities Foundation of Canada. Ditto for Nova Scotia — where my parents built that house — and Alberta.

But a bachelor's degree, we were often told, was the new high school diploma, so off we went. And then, as my colleagues of the class of 2009 emerged bleary-eyed from the Groves of Academe, we found ourselves in the height of the recession. The economics majors explained to the rest of us why

that was bad.

Struggling to pay off student debt in a tough job market certainly makes it more difficult to pursue those adult goals, such as owning a home or not eating rice every meal.

But don't despair, soon-to-be-recent graduates. There are still many paths — they may just be a little more winding.

"What is key is for students to get into the job market while they are in university," explains David Lewis

Rodas-Wright, the University of Ottawa's employer-relations co-ordinator.

Rodas-White points to volunteerism, employer co-ops and internships — which my friends in journalism know all too well — to build up skills prior to graduation.

There is no doubt that there's a wall waiting at the end of graduation. But it's not necessarily taller than those previous generations faced. It's just different — like the ways over it.

# Does TV lie to you? Experts put six celeb job paths to the test

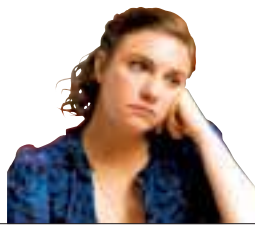


**Who:** Betty Suarez  
**Path:** Co-op

**Perception:** This is a back-stage pass into the labour force

**"Nowadays a co-op is the best way to make connections and develop enough experience to get a job right out of school."**

**Lauren Friese**  
Founder, TalentEgg, an online job search tool for students and new grads



**Who:** Hannah of Girls  
**Path:** Internship

**Perception:** You will be exploited for free labour

**"There isn't necessarily a job at the end of the tunnel but it can be a positive thing."**

**Lauren Friese**  
Founder, TalentEgg, an online job search tool for students and new grads



**Who:** Don Draper of Mad Men  
**Path:** Straight job

**Perception:** There are no jobs

**"Generation Y doesn't want to work their way up. They think they deserve meaningful jobs."**

**Lauren Friese**  
Founder, TalentEgg, an online job search tool for students and new grads



**Who:** Gordon Ramsey of Hell's Kitchen  
**Path:** Entrepreneur

**Perception:** Most businesses fail in the first three years

**"I see it as taking on a mortgage versus renting. Taking on a mortgage is a lot more risk but at the end of the day, it's yours."**

**Megan Summers**  
Founder, DinnerPlate, a catering logistics company



**Who:** Mike Holmes of Holmes on Homes  
**Path:** Entrepreneur

**Perception:** It's dirty work

**"We're looking at shortages of trades people because over the last couple of decades we've told students to go and get tech jobs."**

**Ingrid Argyle**  
Project manager  
Ottawa Integrated Local Labour Market



**Who:** Sheldon from the Big Bang Theory  
**Path:** Forever student

**Perception:** You will be over-educated and underemployed

**"In university life, the job is to study and perform. The problem is they don't have a chance to get out and connect with people in the labour market."**

**David Lewis Rodas-Wright**  
Spokesperson, employer relations at University of Ottawa

METRO

# Youth on the chopping block



**STEVE COLLINS**  
For Metro in Ottawa

If you're young and out of work, you may feel the deck's stacked against you — and some of the numbers agree.

"(Youth unemployment) tends to hover at about twice the national rate," said BMO senior economist Sal Guatieri, who notes it peaked at 16.4 per cent during

the recent economic downturn. For those 25 and over, it peaked at 7.3 per cent.

Worse, according to a study by the Community Foundations of Canada, youth aged 15 to 24, who make up 16 per cent of the work force, accounted for 50 per cent of the recession's job losses.

"It's last in, first out for those with the least experience or seniority," Guatieri said.

The good news, he offered, is that while youth employment took the biggest hit when the job market tightened, it's also on a faster rebound.

"The youth unemployment rate has fallen twice as fast as the adult unemployment rate since peaking," he said. "It's just that it, of course, peaked at a much higher level."

He advises young people to "be patient and get as

## Job cuts

**"It's last in, first out for those with the least experience or seniority."**

Sal Guatieri, BMO senior economist

much education and training for the type of jobs that are in demand today: the high-tech positions, the professional services, those kind of jobs." Then wait for

the economic picture to improve.

"We really are dependant on the American consumer to pick up their socks and spend a little faster before Canadian exports recover and our economy strengthens," he said.

"We see that scenario unfolding later this year and into next year, so it may just be a matter of time before the youth unemployment rate falls more significantly."

## Exclusively online

Head online to metronews.ca for interviews with experts who tackle the pressing questions:

Talent recruiter Stefan Danis helps youth cut through today's tough jobs market

- Is it really harder for today's grads to get jobs?
- How long is a good resumé?
- What's the biggest job seeking mistake?

Youth job market's 10-year outlook is a storm for students, says expert

- How is the "go to school, get a degree, get a good job" career path working today?

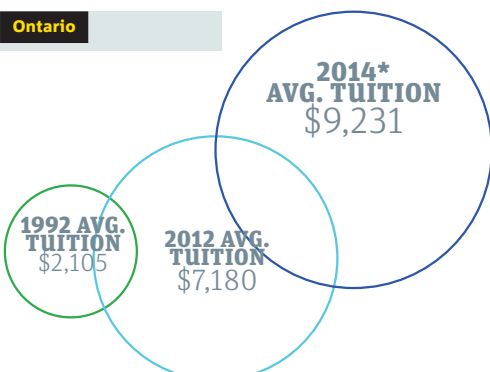
- Is it time to redefine how we measure success?

- If we can't find jobs, should we become entrepreneurs?

Young entrepreneurs encourage those struggling to set up small businesses

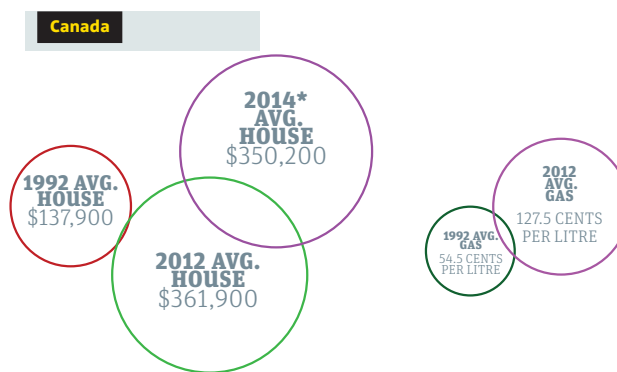
- Is it best to get startup funding from the Canadian government?
- What role does starting capital play in beginning a business?
- What advice would you give an aspiring business major?

## Ontario



SOURCE: CANADIAN FEDERATION OF STUDENTS

## Canada



SOURCE: RBC

\*PROJECTED  
SOURCE: KENT MARKETING SERVICES

As students embark on post-secondary education, they are met with increasingly high levels of tuition. That, coupled with the increasing cost of living, and a daunting job market, can make expectations that much more unmanageable. METRO



# Benedict XVI promises obedience to new Pope



**Emeritus.** As he leaves the Vatican, ex-pontiff says he's beginning the final stage of his life as 'simply a pilgrim'

Benedict XVI became the first pope in 600 years to resign Thursday, ending an eight-year pontificate shaped by struggles to move the church past sex abuse scandals and to reawaken Christianity in an indifferent world.

As bells tolled, the Swiss Guard standing at attention in the papal retreat of Castel Gandolfo shut the doors of the palazzo shortly after 8 p.m. Thursday (2 p.m. EST), symbolically closing out a papacy whose legacy will be most marked by the way it ended — a resignation.

In a changing of the guard, the Swiss Guards, in their yellow-and-blue striped uniforms, handed over responsibility of protecting the 85-year-old Ben-

**'Viva il papa!': Crowd**



Benedict waves goodbye. AP

On Thursday, Benedict told his cardinals, "Among you is ... the future pope, whom I today promise my unconditional reverence and obedience."

- "May the College of Cardinals work like an orchestra ... toward a higher and harmonious agreement," he said.

edict to Vatican police as some of the faithful outside shouted "Viva il papa!"

The pope's journey into retirement began with an emotional send-off from the Vatican. Swiss Guards in full regalia and prelates kneeling to kiss Benedict's ring.

THE ASSOCIATED PRESS

## Labour. 'Real actions' needed before Wynne will win teachers over: Union

Students in Ontario's public elementary schools won't get their extracurricular activities back any time soon.

The union representing the teachers said it won't ask its 76,000 members to resume voluntary activities, like supervising sports teams and clubs.

It will take "real actions" for Premier Kathleen Wynne's government to re-

gain the confidence of teachers, the Elementary Teachers' Federation of Ontario said.

So far, the government has only promised to listen and work with the union to change the bargaining process in the future, said ETFO president Sam Hammond. Education Minister Liz Sandals is pleased the union wants to keep talking.

THE CANADIAN PRESS

## Politics. Wynne to give opposition more on cancelled gas plants

Premier Kathleen Wynne moved Thursday to defuse a contempt of parliament motion against her Liberal government over the release of documents on two cancelled gas plants by promising to give the opposition more of the information they've been demanding.

On the day the justice committee finally began hearings into the con-

tempt motion, Wynne announced she would expand its mandate "to look at the tendering, planning, commissioning, cancellation and relocation of the Mississauga and Oakville gas plants." The committee's hearings had been delayed four months by Dalton McGuinty's prorogation of the legislature.

THE CANADIAN PRESS

Young priests in Rome wave to the helicopter taking Pope Benedict XVI from the Vatican to Castel Gandolfo. THE ASSOCIATED PRESS/ANGELO CARCONI





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Northgate Shopping Centre  
Oakville Place  
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Pickering Town Centre  
The Promenade  
Scarborough Town Centre  
Seaway Mall  
Sheppard Centre  
Sheridan Centre  
Sherway Gardens  
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# Lost your wallet? Get your phone out

**Make like a pigeon.**  
'Stickers' let you home in on lost items via Bluetooth device

Jimmy Buchheim is behaving oddly.

On the floor of the world's largest cellphone trade show in Barcelona, Spain, he's looking at the screen of his iPod Touch, taking a few steps, and then looking again. Now and then he backtracks or turns, and looks again. Slowly, he confines his movements to a smaller and smaller area. Then he drops to his knees, and checks the screen again.

"There we are!" he says. Buchheim has found his keys, which had been hidden behind a wastebasket by a skeptical reporter. On the key ring is a small disc, slightly bigger than a quarter. That's what Buchheim was homing in on, with his iPod.

Buchheim's Davie, Fla.-based company, Stick-N-Find Technologies, wants to give people a way to find things,



Stick-N-Find THE ASSOCIATED PRESS

whether it's keys, wallets, TV remotes or cat collars.

There's no real trick to sending out a radio signal and having a phone pick it up. That's been done before. What makes the Stick-N-Find practical is a new radio technology known as Bluetooth Low Energy, which drastically reduces the battery power needed to send out a signal. That means the disc can be small, light enough for its sticky back to adhere to a lot of surfaces and be powered by a battery that lasts up to two years without recharging. The

signal can be picked up as far as 300 feet away, under ideal circumstances. At the wireless show though, the range was about 20 feet.

One downside: It's not cheap. Stick-N-Find charges \$50 for two "stickers" from its first production run.

Another downside is that few devices can pick up the signals. Bluetooth Low Energy is expected to become a standard feature in phones, but it's not yet. Also, it won't tell you exactly where your sticker is located, only how far away it is.

THE ASSOCIATED PRESS

## Heel!

Users can set up a virtual "leash" between a sticker and a Bluetooth device. When the two move a certain distance away from each other, the sticker can start beeping, or the device's screen can show an alert. That way, you could use a sticker in your wallet, linked to your phone, to let you know if you're leaving either one behind.



## Walking Dead no more?

This image shows a scene from the AMC hit The Walking Dead. Negotiations over a distribution deal between U.S.-based AMC and media giant Rogers Communications are heating up. Some Rogers customers reported Wednesday that online banner advertisements informed them that they "lost" or will lose The Walking Dead on their lineup. The confusing ads — AMC was still being carried by Rogers — seem to be displayed to customers with Rogers IP addresses. A spokeswoman said Rogers has no plans to pull the channel. Earlier this week, AMC warned some Canadians that they were at risk of losing popular shows if an agreement is not reached by Thursday at 11:59 p.m. RUSSELL KAYE/AMC/THE ASSOCIATED PRESS

## February optimism

### Small-business confidence up

Small businesses appear to be feeling more optimistic, according to the latest survey by the Canadian Federation of Independent Business. The CFIB says its index rose a half a point to 66.2 on a scale of zero to 100. More than 50 means owners who expect their operations to be stronger in the next year outnumber those expecting a weaker performance. Alberta business owners remain the most optimistic. Ontario is slightly below the national average. THE CANADIAN PRESS

## Market Minute

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**OIL**  
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**GOLD**  
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**Natural gas:** \$3.48 US (+7¢)  
**Dow Jones:** 14,054.49 (-20.88)

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# TAYLOR SWIFT, GOAT GOT YOUR TONGUE?



THE LIST  
Paul Sullivan  
metronews.ca

Another wacky week for the world ...

**1** Oscar Badness. The week opened way off Broadway with the Seth MacFarlane-hosted Oscars.

The creator of Family Guy managed to offend everyone's sensibilities with jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination. But the ratings were up! What a relief!

**2** How Many Supreme Court Judges ... Speaking of hate, did anyone understand the Supreme Court of Canada's ruling about some guy in Saskatchewan who says vicious things about gay people (no joke)? According to the venerable judges, it's free speech to go ahead and offend other people, but it's illegal if, in the process, it exposes those people to hatred. By that test, is it OK for Shakespeare to declare "Kill all the lawyers," unless someone actually does?

**3** Pope No More. Meanwhile, the Pope has left the building. The Vatican, that is. For the first time in 600 years, the Pope resigned. Not much has changed however. Pope Emeritus Benedict will still be called His Holiness, still gets to wear a white cassock and still thinks gay marriage is a carefree union between a man and a woman.

**4** In Other Goofy Italian News. Silvio Berlusconi, the exact opposite of the Pope, made a surprising comeback and finished a close second in the Italian election. The stock market wasn't the only institution that reacted badly to the news that the bunga-bunga party guy is back. The Pope didn't resign. He quit in disgust.

**5** Beam Us Up, Scotty. Former space tourist and multi-millionaire Dennis Tito is teaming up with SpaceX to send a middle-aged married couple to Mars as early as 2018, an entirely privately funded expedition. To Mars, but not on Mars, as the closest they get will be 100 miles. They'll orbit the Red Planet, then turn around and come home. Imagine a 501-day road trip in a Mini with your spouse and you can only begin to comprehend what a perilous mission this is.

**6** Who Knew? It's not Atlantis, it's Mauritia. Not a sneeze but a lost continent that sank off the coast of Madagascar. Mauritia wasn't really much as continents go, only about a quarter the size of Madagascar, but when you lose something that big, why does it take 85 million years to notice? So Atlantis could be down there somewhere. We just have to wait for James Cameron to find it.

**7** Taylor Swift, Got Yer Goat. Gotta love the Internet. A magnificent tool for sharing knowledge and YouTube videos of Goats Yelling Like Humans, including a mix of Taylor Swift singing and goats yelling. The challenge is to tell them apart. I'm not making this up: [youtu.be/LEdqn-Gtg-s](http://youtu.be/LEdqn-Gtg-s)

Follow The Metro List on  
Twitter @TheMetroList



Jokes and skits about Jews, gays, boobs, African-Americans and Abraham Lincoln's assassination equal ratings. Who knew? KEVIN WINTER/GETTY IMAGES

# Polar's molar checkup



MCT VIA GETTY IMAGES

## Animal procedure

### Polar bear gets root-canal routine

For his routine dentist checkup, this fearsome predatory animal needed a general anesthetic — for his comfort and the safety of others. Boris, one of three resident polar bears at the Point Defiance Zoo & Aquarium in Tacoma, Wash., underwent a root-canal exam last weekend to repair an infected canine tooth. **MWN**

## Boris the polar bear

- **Height.** About nine feet.
- **Weight.** 922 pounds.
- **Born.** Dec. 15, 1985, at the Rostock Zoo in Germany.
- **Arrival at current zoo.** November 2002 after being rescued from a circus in Puerto Rico.
- **Life expectancy.** As long as 40 years (captivity), 30 (in the wild).

## Sequence of events

### 12 staff members help bear weight

A veterinarian went to the zoo's Arctic Tundra exhibit last Saturday and shot Boris with a tranquilizer. The bear was then given a sedative before a dozen able-bodied staff members hoisted the 400-plus-kilogram animal onto a stretcher. Afterwards, the animal was put on a padded operating table and placed on a ventilator to allow medical staff to examine him. **MWN**

## Procedure in numbers

# 4.5

hours is how long Boris's procedure took.

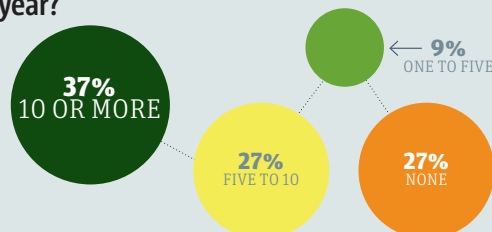
Apart from his root-canal treatment, Boris had a lump removed from his eye to improve his vision, and got his claws trimmed.

Boris was on his paws walking about two hours after the medical work, eating soft foods and receiving painkillers.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

### How many books will you likely read this year?



## Twitter

### @LeGiff:

So nice to have new music to listen to nice & loud on my studio speakers! Will it be @Johnny\_Marr or @imogenheap this morning? Hmmmm....

### @linesbylons:

So, I'm on a Government of Canada website that uses all American English spelling. #fail

### @hoogathy:

Idea for saving money on #ldnont 2013 budget: don't let

counsellors get paid to debate the 12-month budget for 2 months.

### @HBoys:

Congrats Dancor Construction of #ldnont for being named one of nation's best managed companies by @Deloitte #onpoli dancor.ca

### @robtth91:

Not impressed at how long I have to wait to see a doctor when I'm already sitting in the room #fan-shawe #impatient #patient





Nicholas Hoult stars in *Jack the Giant Slayer*. CONTRIBUTED

Reel Guys

RICHARD  
CROUSE AND  
MARK BRESLIN



# Fee, fi, fo, humdrum?

## Jack the Giant Slayer.

This retelling of a classic fairy tale gets mixed reviews

**Richard:** Mark, this is what used to be called a "ripping good yarn." It's got all the ingredients of classic fairy tales — a pretty princess, heroics galore, a dash of romance and loads of giant slaying! It's a change from the usual Hollywood fairy tale retellings in that it remains fairly true to the source — there's no Snow White and the Huntsman style ennui here — but what starts out as a family friendly romp turns much darker near the end and won't be appropriate for younger Jack and the Beanstalk fans.

**Mark:** I agree with "ripping." I'm fine with "yarn." It's "good" I have trouble with. I thought it was made for

people who enjoyed Clash of the Titans but found it a wee bit too cerebral. Here's my plot synopsis: A giant beanstalk opens up a portal between Earth and the skies above, and one hour and 46 minutes of the audience's time is lost forever ... I may never eat edamame again.

**RC:** But edamame is delicious! And so are parts of this movie. A small family could live underneath Nicholas Hoult's cheekbones and the giants are really cool. It's a large-scale CGI epic like Clash of the Titans, but I thought this one was far more successful in creating a world for the characters to live in. It's a simple story of good versus evil, and in a battle between Clash's Kraken and this movie's giants, I'd bet on the giants.

**MB:** The giants give good grunt, I'll give you that, but there's not a lot of good dia-

logue in this picture and the acting is rote. Let's face it, the beanstalk has the best part.

**RC:** The beanstalk certainly takes top billing, but I thought it was fun to see Ewen Bremner — Spud from *Trainspotting* — in a juicy villain role, backing up an evil Stanley Tucci, who seems to be having fun here. I saw it as a large-scale English pantomime without the songs. There's slapstick, elaborate costumes and you're supposed to boo at the bad guys and cheer for the heroes. It won't become a staple in my DVD collection, but I enjoyed watching the giant chef prepare pigs-in-a-blanket with live pigs!

**MB:** Richard, that's the one witty note in the picture, and it made me laugh too. So much more could have been made of the giants' surreal world, but the film is surprisingly ... earthbound.

## Synopsis

The action in this epic retelling of Jack and the Beanstalk begins when the king's advisor Roderick (Stanley Tucci) hatches a plot to steal an enchanted crown and six magic beans that hold the key to opening a gateway between Earth and Gantua, the land of the giants. Enter poor farmer Jack (Nicholas Hoult) who becomes involved when he unwittingly sows a seed that sprouts a giant beanstalk, literally shooting the princess Isabelle (Eleanor Tomlinson) skyward into the humongous hands of the giants. Determined to rescue her, Jack battles the giants, wins the respect of the king and the love of a princess.

• Richard: ●●●●●

• Mark: ●●●●●

# 2 SCENE

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# Williams takes on iconic screen character that's oddly ... happy

**Oz the Great and Powerful.** Actress takes a departure from serious, dour films in her role as Glinda the Good Witch



**NED  
EHRBAR**  
Metro World News in Hollywood

In *Oz the Great and Powerful*, Michelle Williams takes on one of the most iconic screen characters in Hollywood history, Glinda the Good Witch, first seen in the *Wizard of Oz*. It's not her first time tackling an icon — or even an icon popular with drag queens.

**Have you given any thought to the idea of drag queens taking on your role?**  
Yeah, baby! Yes, yes. Bring it on. I feel like they would put a naughty under the nice.

**Have you ever seen a drag**



Michelle Williams as Glinda the Good Witch in *Oz the Great and Powerful*. CONTRIBUTED

**interpretation of one of your roles?**  
Marilyn probably doesn't count, but there's clearly a lot out there. While I was making the movie I saw this drag performance of Marilyn on YouTube and I had to shut it down within 10 seconds because I was like, "That motherf—er is better than me. That motherf—er! I will

never match what he's able to do." He was recreating all of her famous numbers to a T. But ... I can't imagine Wendy from *Wendy and Lucy* is big on the drag circuit.

**It's oddly refreshing to see you in a movie that's so... Happy?**

**Your films over the last few**

**years have leaned toward the serious and dour, yes. Was this a conscious effort to get something a bit lighter on your filmography?**  
I never think about it from an outside point of view, like, "Now it's time to do something light." But I did feel within my own soul, I felt like I'd had the marrow sucked out of me, especially with *My Week With*

Marilyn, just because it was so difficult. The core of who she was was very affecting for me to live inside of, so I was feeling more open to doing something that didn't come at a personal cost. For me, I never feel like, "Oh, I have so many things to choose from and I just can't pick. There's just so many great options." It's kind of like desert, desert, desert, desert, oasis! So when that comes along, when I have that feeling from reading a script, whether it's big or small or light or dark, it's really more about if I see an outline of a character that I want to fill in.

**I'd assume that you're getting sent all of the best stuff out there.**

I haven't worked since I made this movie. I haven't worked in over a year. It was a conscious choice, I definitely wanted to take some time off. This was a long movie to make and I like my life and it takes a lot to take me away from my family. But that choice wasn't ... constantly tested, for better or worse.

## Comedy



## 21 & Over

**Stars.** Miles Teller, Skylar Astin, Justin Chon

**Directors.** Jon Lucas, Scott Moore

● ● ● ● ●

The raucous directorial debut from *The Hangover* writers Jon Lucas and Scott Moore gives us one 21st birthday you'll wish you could forget. When former high school buddies Miller and Casey reunite to celebrate their friend Jeff Chang's big day, 24 hours of debauchery puts their friendships to the test. Coming of age has never been so tedious in this lacklustre comedy that relies solely on vomit, male nudity and ethnic stereotypes for laughs.

MANORI RAVINDRAN/METRO

THESE PAGES COVER MOVIE START TIMES FROM FRI., MARCH 1 TO THURS., MAR 7. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

### Hyland Cinema 240 Wharnclyffe Road South, 519-913-0313

56 Up (PG) Fri 9:10 Sat 3:30 Sun 3:20 Mon 9:10 Tue 1 Wed 9:10  
Amour (PG) Fri 1-6:50 Sat 1-7 Sun 1-6:05 Mon 1-6:50 Tue 3:45-6:40 Wed 1-6:50 Thu 1-3:30  
Light Tripping: The Films of Steven Woloshen (STC) Thu 9  
A Royal Affair (STC) Fri 3:30 Sat 9:20 Sun 8:30 Mon 3:30 Tue 9 Wed 3:30 Thu 6:40

### Rainbow Cinemas London 355 Wellington St., 519-434-3073

21 and Over (14A) Fri-Thru 1:25-3:45-7:15-9:45  
Cloudburst (STC) Sun 1  
Escape From Planet Earth (PG) Fri-Thru 1:10-3:35-7:10  
Identity Thief (14A) Fri-Thru 1:05-3:30-7:20-9:40  
Jack the Giant Slayer (PG) No Passes Fri-Thru 1-3:40-6:55-9:25  
The Last Exorcism Part II (14A) Fri-Thru 12:55-3-7:25-9:35  
Safe Haven (PG) Fri-Thru 9:15  
Silver Linings Playbook (14A) Fri-Thru 1:20-3:50-7-9:30  
Snitch (PG) Fri-Sat 1:15-3:25-7:05-

9:20 Sun 3:25-7:05-9:20 Mon-Thu 1:15-3:25-7:05-9:20

### Western Film Room 340, UCC Building

The Dark Knight Rises (PG) Fri 12 Gangster Squad (14A) Fri-Thru 10 Les Misérables (PG) Fri 7 Sat-Sun 12:30-3:40-7 Mon-Thu 7

### Wellington 8 Cinemas 983 Wellington Rd. S., 519-685-2529

21 and Over (14A) Fri 7:15-9:45 Sat-Sun 1:50-4:30-7:15-9:45 Mon-Thu 5:50-8:15  
Dark Skies (14A) Fri 7:20-9:50 Sat-Sun 1:40-4:15-7:20-9:50 Mon-Thu 5:45-8:10  
Escape From Planet Earth (PG) Sat-Sun 1:30  
Escape From Planet Earth 3D (PG) Fri 6:30 Sat-Sun 3:45-6:30 Mon-Thu 5:15 Identity Thief (14A) Fri 6:45-9:30 Sat-Sun 1-3:40-6:45-9:30 Mon-Thu 5-7:40 Jack the Giant Slayer (PG) No Passes Sat-Sun 1:15  
Jack the Giant Slayer 3D (PG) No Passes Fri 6:50-9:35 No Passes Sat-Sun 4-6:50-9:35 No Passes Mon-Thu 5:20-8 The Last Exorcism Part II (14A) Fri 7-9:20 Sat-Sun 1:45-4:20-7-9:20 Mon-Thu 5:30-7:45

Safe Haven (PG) Fri 6:40-9:25 Sat-Sun 1:10-3:50-6:40-9:25 Mon-Thu 5:10-7:50  
Snitch (PG) Fri 7:10-9:55 Sat-Sun 1:20-4:10-7:10-9:55 Mon-Thu 5:40-8:20 Warm Bodies (PG) Fri-Sun 9:10 Mon-Thu 7:30

### Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

Escape From Planet Earth (PG) Sat 12:20 Sun 1  
Escape From Planet Earth 3D (PG) Fri 5:05-7:30-9:50 Sat 2:35-5:05-7:30-9:50 Sun 3:15-5:30-7:45-10:05 Mon 7:05-9:25 Tue 5:05-7:30-9:50 Wed-Thru 7:05-9:25  
A Good Day to Die Hard (14A) Fri 5:15-7:45-10:10 Sat 12:15-5:25-7:40-10:10 Sun 12:55-3:15-5:35-8-10:25 Mon 7:20-10:05 Tue 5:15-7:45-10:10 Wed 1:25-7:20-10:05 Thu 7:20-10:05 Identity Thief (14A) Fri 3:50-7:15-10:10 Sat 12:05-2:45-5:30-8-10:40 Sun 1:15-4-7:40-10:20 Mon 6:50-9:40 Tue 3:50-7:15-10 Wed-Thru 6:50-9:40 Fri 5-7:45-10:25 Sat 1-3:45-7:30-9:20 Sun 2:15-5-7:45-10:25 Mon 7:15 Tue 5-7:45-10:25 Wed-Thru 7:15  
Jack the Giant Slayer 3D (PG) No

Passes Fri 5-7:45-10:30 No Passes Sat-Sun 2:15-5-7:45-10:30 No Passes Mon 7:15-10 No Passes Tue 5-7:45-10:30 No Passes Wed-Thru 7:15-10 No Passes Fri 4:30-7:15-10 No Passes Sat 12:30-3:15-7-10 No Passes Sun 1:45-4:30-7:15-10 No Passes Mon 7:45 No Passes Tue 4:30-7:15-10 No Passes Wed-Thru 7:45 The Metropolitan Opera: Parsifal Live (STC) Sat 12 Sat 12  
Oz the Great and Powerful 3D (PG) Thu 9:15  
Quartet (PG) Fri 4:30-6:40-9:10 Sat 4-6:30-9:30 Sun 2:45-5:15-6:40-9:30 Mon 6:45-9:15 Tue 4:30-6:40-9:10 Wed 1:30-6:45-9:15 Thu 6:45 Star & Strollers Screening Wed 1  
Safe Haven (PG) Fri 4:15-7-9:45 Sat 12:25-2:40-6:50-9:30 Sun 1:30-4:15-7-9:45 Mon 7-9:45 Tue 4:15-7-9:45 Wed 1:20-7-9:45 Thu 7-9:45  
Silver Linings Playbook (14A) Fri 3:45-6:50-9:40 Sat 12:40-3:35-6:40-9:40 Sun 1:05-4:05-6:50-9:40 Mon 7:10-9:55 Tue 3:45-6:50-9:40 Wed 1:10-7:10-9:55 Thu 7:10-9:55  
Snitch (PG) Fri 4:50-7:40-10:15 Sat 12:05-2:40-5:15-7:55-10:35 Sun 2:20-5-7:35-10:15 Mon 7:30-10:15 Tue 4:50-7:40-10:15 Wed 1:15-7:30-10:15 Thu 7:30-10:15 Fri 4-6:45-9:30 Sat 6:30-10:30 Sun 1:15-4-6:45-9:30 Mon 8:15 Tue 4-6:45-9:30 Wed-Thru 8:15 Star & Strollers Screening Wed 1

### SilverCity London 1680 Richmond St., 519-673-4125

21 and Over (14A) Fri-Sat 1:15-3:35-5:55-8:20-10:40 Sun-Mon 1:15-3:35-5:50-8:05-10:20 Tue 1:15-3:35-5:55-8:20-10:40 Wed-Thru 1:15-3:35-5:50-8:05-10:20  
Dark Skies (14A) Fri-Sat 12:30-3-5:35-8:15-10:25 Sun 12:30-3-5:35-7:50-10:05 Mon 1:40-4:10-7:50-10:05 Tue 12:30-3-5:35-8:15-10:25 Wed-Thru 1:40-4:10-7:50-10:05  
Escape From Planet Earth (PG) Fri-Sun 12:15 Mon 1:10 Tue 12:15 Wed-Thru 1:10  
Escape From Planet Earth 3D (PG) Fri 2:30-5-7:30-9:50 Sat 11:05-2:30-5-7:30-9:50 Sun 2:30-5-7:30-9:50 Mon 3:15-5:20-7:30-9:50 Tue 2:30-5-7:30-9:50 Wed-Thru 3:15-5:20-7:30-9:50  
A Good Day to Die Hard (14A) Fri-Sat 12:20-2:55-5:30-8:05-10:30 Sun 12:20-2:55-5:30-7:45-10 Mon 1:25-4:05-7:25-10 Tue 12:20-2:55-5:30-8:05-10:30 Wed-Thru 1:25-4:05-7:25-10  
Identity Thief (14A) Fri-Sat 12-2:35-5:15-8-10:35 Sun 12-2:35-5:15-7:55-10:30 Mon 1:30-4:30-7:55-10:30 Tue 12-2:35-5:15-8-10:35 Wed-Thru 1:30-4:30-7:55-10:30  
Jack the Giant Slayer 3D (PG) No Passes Fri-Thru 1:10-4:15-7:15-10:10

Jack the Giant Slayer: An IMAX 3D Experience (PG) No Passes Fri 2:15-5-7:45-10:30 No Passes Sat 11:30-2:15-5-7:45-10:30 No Passes Sun-Wed 2:15-5-7:45-10:30 No Passes Thu 12:45-3:30-6:15  
The Last Exorcism Part II (14A) Fri-Thru 1-3:20-5:40-8-10:20  
Life of Pi 3D (PG) Fri-Sat 1:30-4:25-7:10-10 Sun-Mon 1:30-4:25-7:10-9:55 Tue 1:30-4:25-7:10-10 Wed-Thru 1:30-4:25-7:10-9:55  
The Metropolitan Opera: Parsifal Live (STC) Sat 12  
Oz the Great and Powerful: An IMAX 3D Experience (PG) Thu 9  
Safe Haven (PG) Fri-Sat 12:05-2:40-5:15-8-10:45 Sun 12:05-2:40-5:15-7:55-10:25 Mon 1:20-4-7:35-10:25 Tue 12:05-2:40-5:15-8-10:45 Wed 1-4-7:35-10:25 Thu 1:20-4-7:35-10:25 Shrek 2 (G) Sat 11  
Side Effects (14A) Fri-Thru 10:15  
Snitch (PG) Fri 12:45-3:10-5:45-8:15-10:45 Sat 3:10-8:15-10:45 Sun 12:35-3:05-5:35-8:05-10:30 Mon 1:35-4:35-7:40-10:10 Tue 12:45-3:10-5:45-8:15-10:45 Wed 1-4:35-7:40-10:10 Thu 1:35-4:35-7:40-10:10  
Warm Bodies (PG) Fri 12:25-2:45-5:20-7:35 Sat 12:25-5:45-7:50 Sun 12:25-2:45-5:20-7:35 Mon 1:05-3:20-5:35-7:50 Tue 12:25-2:45-5:20-7:35 Wed-Thru 1:05-3:20-5:35-7:50

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Kristen Stewart

## Stewart rejecting new advances from Sanders

Kristen Stewart has reportedly been dodging advances from her *Snow White* and the Huntsman director, Rupert Sanders, now that his marriage to Liberty Ross is toast following his and Stewart's cheating scandal last summer, according to Radar Online.

"Rupert's reached out to Kristen, but she doesn't

want anything to do with him," a source says. "He texted her a number of times after Liberty filed for divorce, however Kristen didn't respond. In truth, she regrets ever getting involved with Rupert because of how much it hurt Robert (Pattinson) and the amount of public backlash she was subjected to."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Would Tina Fey consider hosting next year's Oscars? 'No way'

Don't get your hopes up for Tina Fey to host the Oscars next year, as the 30 Rock star says there's no way she'll take the job.

"I just feel like that gig is so hard," she tells the

Huffington Post. "Especially for, like, a woman. The amount of months that would be spent trying on dresses alone — no way."

Fey earned rave reviews for her work co-hosting the Golden Globes in January with pal Amy Poehler, and after Seth MacFarlane's controversy-courting Oscars hosting performance Sunday many naturally looked to Fey as an improvement for next year, but she insists there's no chance. "I wish I could tell you there was," Fey says.



Scott Weiland ALL PHOTOS GETTY IMAGES

## Stone Temple Pilots singer reads of his firing

The rock band Stone Temple Pilots announced this week that they were firing singer Scott Weiland, and no one was more surprised by the news than Weiland himself.

"I learned of my supposed 'termination' from Stone Temple Pilots this morning by reading about it in the press," Weiland

says in a statement to E! News. "Not sure how I can be 'terminated' from a band that I founded, fronted and co-wrote many of its biggest hits, but that's something for the lawyers to figure out. In the meantime, I'm looking forward to seeing all of my fans on my solo tour, which starts this Friday."

### Twitter



@jason\_mraz

For me, the days that begin bad always seem to conclude with magical evenings. Thanks weird day!



@ActuallyNPH

The Nat Enq is cray cray. We've never had a wedding date, just engaged (Prop 8 and all). We're on a cruise as I write. He's rad. All good.



@samantharonson

I have now taken every allergy medicine available in the US- still no relief- but if i die tonight, u know why.



@GarryShandling

Maybe the Pope is tired because he stands when he drives.

## British singer looked 'very pleased' leaving Swift's hotel

Taylor Swift may have found another young British singer to keep her company.

Swift was reportedly visited by Ed Sheeran at her hotel during a recent trip to London, according to E! News. The pair "stayed in the room, just the two of them, until around 4 a.m.," a source says, adding that Sheeran looked "very happy" leaving via a car Swift had used the day before. "He

looked very pleased with himself," the source says.

There may be some history there, though. Another source claims that Swift and Sheeran "briefly dated last spring. He thinks she is really cute and they have a great chemistry together." And they'll have plenty of time together coming up, as Sheeran is set to serve as opening act for Swift's tour starting this month through September.



Taylor Swift

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Consultants and Partners, sagemarketing

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# A colourful way to start Nutrition Month

**Mediterranean Roasted Beef and Veggies.** March is devoted to healthy eating so whip up this delicious meal

When shopping, try to purchase healthy items from the perimeter of the grocery store and supplement with staples from the inner aisles.

Here is an easy and flavourful recipe keeping in mind those principles.

This colourful, nutritious dinner cooks all at once in the oven, making for little preparation or cleanup. Serve it with cooked couscous, quinoa, rice or pasta.

1. Line a rimmed baking sheet with foil and spray lightly with cooking spray.

2. In a large bowl, combine garlic, tomatoes, onion, eggplant, red pepper, yellow pep-

## Ingredients

- 6 cloves garlic, peeled
- 3 plum (Roma) tomatoes, cored and quartered
- 1 small Spanish onion, cut into 12 wedges
- 1 baby eggplant, cut into chunks
- 1 each red and yellow bell peppers, cut into chunks
- 250 g (8 oz) zucchini (about 2 small), cut crosswise into 1-cm (1/2-inch) slices
- 125 g (4 oz) mushrooms, quartered
- 60 ml (4 tbsp) basil pesto,
- 10 ml (2 tsp) olive oil
- 1.5 kg (3 lb) boneless beef sirloin tip
- Pinch each salt and pepper
- 15 ml (1 tbsp) balsamic vinegar
- 5 ml (1 tsp) liquid honey



This recipe serves six. THE CANADIAN PRESS H/O

per, zucchini, mushrooms and 45 ml (3 tbsp) of the pesto; toss to coat. Spread evenly on prepared baking sheet; set aside.

3. In an ovenproof sauté pan or skillet with a rack, heat oil over medium-high heat. Season beef with salt and pepper. Cook beef, turning with tongs, for about 10 minutes or until browned all over.

Spread remaining pesto over roast. Place on rack in the same sauté pan.

4. Roast beef and vegetables in a 140 C (275 F) oven for about 1 1/2 hours or until a meat thermometer inserted in the thickest part of the roast registers 60 C (140 F) for medium-rare, or until desired doneness. Transfer roast to a cutting board, tent with

foil and let stand for 10 to 15 minutes.

5. Using a rubber spatula, scrape vegetables into a large bowl. Add vinegar and honey; toss to coat.

6. Carve roast across grain into thin slices. Serve with vegetables. **THE CANADIAN PRESS/COOK! BY DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).**

## Liquid Assets

### The skinny on wine



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

Sorry beer and spirit fans, with its reputation as a heart healthy, food-friendly beverage, wine sits at the top of the booze chain in the debate over which tippie is "best for you."

When it comes to a wine's nutritional value, you've got to think about the alcohol. That's where the calories come from folks, so a higher level means more sit-ups.

My friends at WineFolly.com have become one of the go-to wine blogs with their witty commentary and knack for turning mind-bending vino info into cool graphics. Their latest post is a chart that breaks down a variety of wine styles and lays out the truth about how many calories are in each glass. Wine Folly also takes cartography to a new level with a series of detailed maps to your favourite grape growing countries. They've just added Spain. Check out their website over a glass of Bodegas Piqueras 2008 Castillo de Almansa Reserva (\$11.95 - \$14.99) from the Albacete region in Spain's southeast.

With its balanced, dark berry fruit and light, woody backbone, you just might forget that at 14 per cent alc./vol. you're drinking between 165-195 calories. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



## Stir-fry your way to a quick and nutritious dinner

1. In bowl, whisk a little milk into cornstarch to make a

## Ingredients

- 250 ml (1 cup) milk
- 45 ml (3 tbsp) cornstarch
- 75 ml (1/3 cup) reduced-sodium soy sauce
- 30 ml (2 tbsp) liquid honey
- 15 ml (1 tbsp) butter, divided
- 500 g (1 lb) boneless skinless

- chicken, cut in thin strips
- 3 cloves garlic, minced
- 1 each sweet red, yellow and green pepper, cut in thin strips
- 30 ml (2 tbsp) rice vinegar
- Hot pepper sauce, to taste (optional)

smooth paste. Whisk in the remaining milk, reduced sodium soy sauce and honey; set aside.

2. Heat wok over high heat. Add half butter; swirl to coat. Add chicken and garlic and stir-fry 3 mins. or until browned; transfer to bowl. Add remaining butter to pan, then peppers. Stir-fry 5 mins. or until tender. Return chicken and any juices to pan. Reduce heat to medium.



This Honey-Garlic Chicken & Sweet Pepper Stir-Fry serves 4. THE CANADIAN PRESS

3. Whisk milk mix and pour into pan. Cook, stirring, 5 minutes or until chicken is no longer pink inside and sauce is thickened. Stir in vinegar and

hot pepper sauce, to taste, if using.

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Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



**MIX OF SIX**  
Julian Uzielli  
london@metronews.ca



## Skate art rolls into Forest City

Who says skateboarding isn't an art form? Certainly not London artist Steve deBruyn. Today, he opens an exhibit of skate-inspired art at the Forest City Gallery called *Rolls Through*. Using found materials, deBruyn creates sculptures and installations that might not look out of place at the local skate park, evoking half-pipes, ramps and loops. The work is unique to each showing — deBruyn has never exhibited the same show twice. The exhibition runs to April 5, opening Friday from 7 to 10 p.m.

PHOTO COURTESY OF JENNA FAYE POWELL



## Tequila Tuesday

You know what they say — Tuesday's the new Friday. At least, that's what they say at The Rocks on King, which opened in January across the street from Budweiser Gardens at 93 King St. W. This Tuesday is the official Tequila Tuesday launch party at the bar. The drinks are cheap, courtesy of sponsorship from El Jimador, Jägermeister and Red Bull: tequila, Corona and Jägerbombs go for \$3.50 all night. Tunes will be handled by DJ Everfresh, and there are lots of prizes to be given away. Open 9 p.m. to 2 a.m.

IMAGE COURTESY OF ROB DRIVER



## Shamrock of Ages

Local improv comedy troupe Shut the Front Door is looking to leave audiences laughing in support of a worthy cause tonight in an Irish-themed show called *Shamrock of Ages*. The show follows the familiar format of the TV show *Whose Line Is It Anyway?*, putting the actors in hilarious situations that force them to think on their feet. The group will perform two shows at the London Music Club Friday at 7:30 and 10 p.m. Proceeds from the shows will be donated to two local families in need. Tickets are \$10.

IMAGE COURTESY OF BRANDON RUDD

PHOTO COURTESY OF NATALIE FINKELSTEIN



## Classes without quizzes

Most of us will never begin to comprehend the scientific building blocks of the universe — so it's a good thing there are people like Sarah Gallagher, a professor of physics and astronomy at Western. On Tuesday Gallagher will give a talk exploring the role that supermassive black holes — like the one at the centre of our galaxy — play in the big picture. The lecture starts at 7 p.m. in the Stevenson Hunt Room at the Central Branch of the London Public Library. It's free, but pre-register at [communications.uwo.ca/CWQ/](http://communications.uwo.ca/CWQ/).



## Shred it up, Scotty

Virtuoso — a term not often used lightly — is among the most commonly used words to describe Scott Szeryk. On Friday the guitar player hits the stage at Aeolian Hall in support of his latest album, *Guitar Manifesto*. Szeryk doesn't specialize in just one genre — just about every musical style that uses a guitar will be represented in some part. Any guitarists with an evening to kill won't want to miss the chance to hear this master play. Tickets are \$25 at the doors, which open at 7 p.m.

PHOTO COURTESY OF SCOTT SZERYK



## Glad for Krall

It's been four years since Canadian jazz singer and pianist Diana Krall last graced stages, but she'll be back in London next week in support of her latest album, *Glad Rag Doll*. The album, released last fall, is her first since 2009 and chiefly features re-imagined cover songs from the interwar years. Krall will perform in the RBC Theatre at Budweiser Gardens on Monday at 8 p.m. and fans can count on new songs as well as fan favourites. The show starts at 8 p.m. and tickets start at \$76.75 at [budweisergardens.com](http://budweisergardens.com).

PHOTO COURTESY OF SAVANAH SEWELL

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London Knights first-rounder Liam Herbst works on a stationary bike in his parents' home as part of his rehab following knee surgery. BERNARD WEIL/TORSTAR NEWS SERVICE

# No dampening Herbst's spirit

**OHL.** Knights draftee battling through injuries with hopes of someday returning to elite-level goaltending

With his NHL dream waylaid by injury, you'd forgive Liam Herbst for cursing his lot in life. But this week he was counting his blessings.

The best equipment, a private coach, private school — from the time he took up goaltending at age six, Liam enjoyed no end of luxuries provided by two loving parents.

"Most people say you spend \$250,000 on a child before age 18," Liam, 16, said. "My parents have probably spent two or three times that. They've given me the best of everything."

What they can't give him is an imminent return to being the best. Less than a year ago Liam was a highly touted prospect,

the only goalie picked in the first round of the OHL draft. But this week he was at home in Toronto's west end, gingerly pedalling a stationary bike while recovering from the latest in a series of surgeries designed to correct the menacing collection of hurts that have threatened his career.

Such have been the ravages of the up-down grind of the butterfly style on his six-foot-three body. This past summer Liam underwent microfracture surgery to both knees, a procedure to stimulate the growth of new cartilage more commonly associated with mid- to late-career basketball pros closer to twice his age.

This month Liam had another surgery to repair damage in his right hip and another on his left knee. In the coming weeks it's expected he'll be encouraged by doctors to submit to operations on his left hip and right knee.

"It's pretty significant damage to his knees and hips," said Mark Guy, Liam's agent.

## Contract limbo

Liam Herbst signed a contract with the London Knights last year, shortly after the team drafted him, but he isn't technically a member of the club.

- OHL commissioner David Branch said the league's contracts aren't certified until a player appears in a game.

"What I've been told by the doctors is they believe there's a chance they can fix it, and he'll have a chance to come back and play."

The injuries Liam has endured, while not often seen in teenagers, aren't uncommon among goaltenders who play the dominant butterfly style. The scars of hip surgery for the young men who patrol blue ice. Four years ago, Sports Illustrated pronounced the problem an NHL "epidemic."

TORSTAR NEWS SERVICE

## NHL. Kadri nets three to help Leafs past Islanders

Former London Knight Nazem Kadri notched his first career hat trick and Dion Phaneuf scored at 1:11 of overtime to give the Toronto Maple Leafs a 5-4 victory over the New York Islanders on Thursday night.

Phaneuf's fourth goal of the season lifted Toronto to its third straight win and fourth in five games at New York. The Maple Leafs have six wins in their last nine games against the Islanders. James van Riemsdyk also scored for the Maple Leafs, who improved to 9-4 on the road.

New York rallied on third-period goals by Andrew MacDonald and Kyle Okposo after Kadri finished his hat trick to put Toronto up 4-2 at the 14:12 mark of the second. The Islanders also got goals from



A hat litter the ice after Nazem Kadri's third goal on Thursday night in Uniondale, N.Y. GETTY IMAGES

Josh Bailey in the first period and Lubomir Visnovsky in the second. THE ASSOCIATED PRESS



## Lightning leap past Rats

Adrian Moss, left, of the London Lightning, goes up for a basket while Kevin Francis of the Saint John Millrats defends on Thursday. The Lightning defeated the Millrats 100-95 in the regular-season game at the Budweiser Gardens. MARK SPOWART/FOR METRO

## Short-handed Knights top Spitfires



Ryan Rupert had a pair of goals in the Knights' Thursday night win in Windsor. OHL IMAGES

Ryan Rupert scored two goals as the London Knights defeated the Windsor Spitfires 5-2 on Thursday in Ontario Hockey League action.

Bo Horvat, Alex Broadhurst and Max Domi had the other goals for the Knights (44-12-4), who won their fifth straight game. Anthony Stolarz made 21 saves in London's net.

Both teams played the game with a short lineup. The Knights were without leading scorer Seth Griffith — out with a broken hand — and team captain Scott Harrington (upper-body injury). Matt Rupert also

## On Thursday

5

Knights

2

Spitfires

missed the contest to begin serving a 10-game suspension he incurred earlier this week.

Ben Johnson and Kerby Rychel, with his team-leading 36th goal of the season, replied for the Spitfires (24-30-7) who dressed just 15

skaters for the contest.

Jaroslav Pavelka made 36 saves in net for the Spitfires.

Tied 2-2 going into the final period, the Knights scored three in a row on goals by Broadhurst, Rupert, on the power play, and Domi with an empty-netter.

The Spitfires, who have played 18 straight games under the league-maximum, 20-players due to a combination of player injuries and suspensions, also sat out overage forward Emerson Clark and second-year defenceman John Bowen for team disciplinary reasons.

THE CANADIAN PRESS

## Memorial Cup

### Knights accepting deposits for 2014

The London Knights will begin to accept deposits from season-ticket holders (primary name on account only) beginning on Friday at 10 a.m. for 2014 Memorial Cup ticket packages. The \$25-per-package deposits can be made by filling out a form that will be emailed or mailed out to all current season-ticket holders. Season-ticket holders can then fax the form to 519-668-7291 or e-mail it to tickets@londonknights.com. The Knights are hoping to win the rights to host the 2014 Memorial Cup. METRO

4 SPORTS



# Red Sox prospect embraces knuckler after Dickey's success

**MLB.** Elusive pitch gaining popularity again after Blue Jay ace's Cy Young season

Boston Red Sox prospect Steven Wright knew he was taking a risk when he converted to a knuckleball pitcher a year and a half ago.

In a league filled with hard-throwing hurlers, mastering a slower, more unpredictable pitch seemed difficult to justify.

But R.A. Dickey's Cy Young-winning season with the 2012 New York Mets has boosted Wright's confidence.

"There was so much uncertainty to it before, but with R.A. doing what he did last year, he solidified the fact that you can be very effective at it, and very consistent with it," Wright said.

The 38-year-old Dickey was 20-6 with New York last year before he was traded in the off-season to the Toronto Blue Jays.

"With the knuckleball you just don't know," Wright said. "It could be great, it could be



Boston Red Sox starting pitcher Steven Wright throws a pitch against the Toronto Blue Jays during Grapefruit League action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

not great. But last year, R.A. proved that with the knuckleball, he can be just as effective as (Justin) Verlander, (Stephen) Strasburg, and the velocity that comes with those guys."

Tim Wakefield, who spent 17 seasons as a knuckleballer for the Red Sox, agrees that

Dickey has been invaluable to the cause.

In Fort Myers, Fla., for three days helping Wright make "minor adjustments", Wakefield stood on the mound with the 28-year-old during Wednesday's bullpen session, monitoring his delivery.

## Quoted

**"For a knuckleballer, it was like Christmas. It was exciting for me."**

Steven Wright on pitching against R.A. Dickey in spring training on Monday.

a living — guys like Wilbur Wood, Phil Niekro, Charlie Hough, Tom Candiotti, myself and now R.A. — it's a close-knit fraternity, so I was very proud."

Though the knuckleball brotherhood may be small, Wakefield believes its members have a responsibility to ensure their breed doesn't die out.

By helping Wright this week, Wakefield is doing his part, just as he did for Dickey in 2008 when the then-struggling Seattle Mariner approached him for advice.

"I'm very open when it comes to helping other knuckleballers," Wakefield said. "It's always nice to be able to bounce ideas off somebody that is walking in the shoes that you walked in for so long."

THE CANADIAN PRESS

## Spring training

### Jays dump Yankees in Tampa

David Phelps allowed two hits over three scoreless innings Thursday as a New York Yankees' split squad lost 1-0 to the Toronto Blue Jays.

Phelps struck out one and walked one, and has not given up a run in five innings over two starts. He could earn a spot in the rotation to start the season if Phil Hughes remains sidelined by a bulging disk. Hughes is working out in a pool and might resume throwing in a few days.

Brandon Morrow gave up two hits in two shutout innings for Toronto and Andy LaRoche hit a seventh-inning homer off Chase Whitley. THE ASSOCIATED PRESS



Toronto's Jose Bautista watches a pop up on Thursday in Tampa, Fla. THE CANADIAN PRESS

## NHL

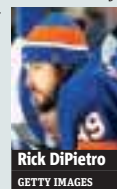
**DiPietro says suicide comments weren't literal**

New York Islanders goaltender Rick DiPietro says comments he made about considering suicide in a recent interview were used for effect and were not meant to be taken literally.

The comments came to light Thursday when New York-based sports anchor Kevin Maher tweeted excerpts from an interview with DiPietro about being waived by the Islanders. According to Maher's Twitter feed, DiPietro said being waived felt like "they ripped my heart out, stabbed it, set it on fire and flushed it down the toilet." Maher followed with a tweet saying DiPietro considered suicide as injuries, ineffective play and fan animosity took its toll.

DiPietro later clarified to ESPN and the New York Post that he wasn't serious about the suicide comment and was attempting to show how his wife has helped him through "a trying last couple of years."

THE CANADIAN PRESS



Rick DiPietro  
GETTY IMAGES

## Cycling. Will Livestrong survive post Armstrong? 'Hell, yes,' says charity prez

Leaders of the cancer charity founded by Lance Armstrong said Thursday that the organization will persevere in the wake of the cyclist's admission that he used performance-enhancing drugs.

"I am on safe ground to say that the past year did not go as planned," Livestrong's executive vice-president Andy Miller said at The Livestrong Foundation's annual meeting in Chicago — its first such gathering since Armstrong's troubled departure. "Things happen that we cannot control — cancer has taught us that. What do we do? We adapt."

He added later, "The Livestrong Foundation is not going anywhere."

Livestrong's president, Doug Ulman, echoed that sentiment in prepared remarks for the more than 500 participants.

"Our success has never been based on one person," said Ulman, who was unable to deliver the speech in person because of travel delays. "Will the Livestrong Foundation survive? Yes. Absolutely, yes. Hell, yes."

Armstrong stepped down as chairman of the charity in October, saying he didn't want his association to damage the foundation's ability to



Lance Armstrong at a Livestrong event last October. GETTY IMAGES FILE

raise money and continue its advocacy programs on behalf of people with cancer.

Among the steps the organization is taking to establish a new identity is to change its day of action each year from Oct. 2 — the date in 1996 that Armstrong was diagnosed with cancer — to May 17, the group announced Thursday.

On that day in 2004, the charity launched their trademark yellow Livestrong bands. Since then, 87 million have been sold. Katherine McLane, the group's executive vice-president for communications, said.

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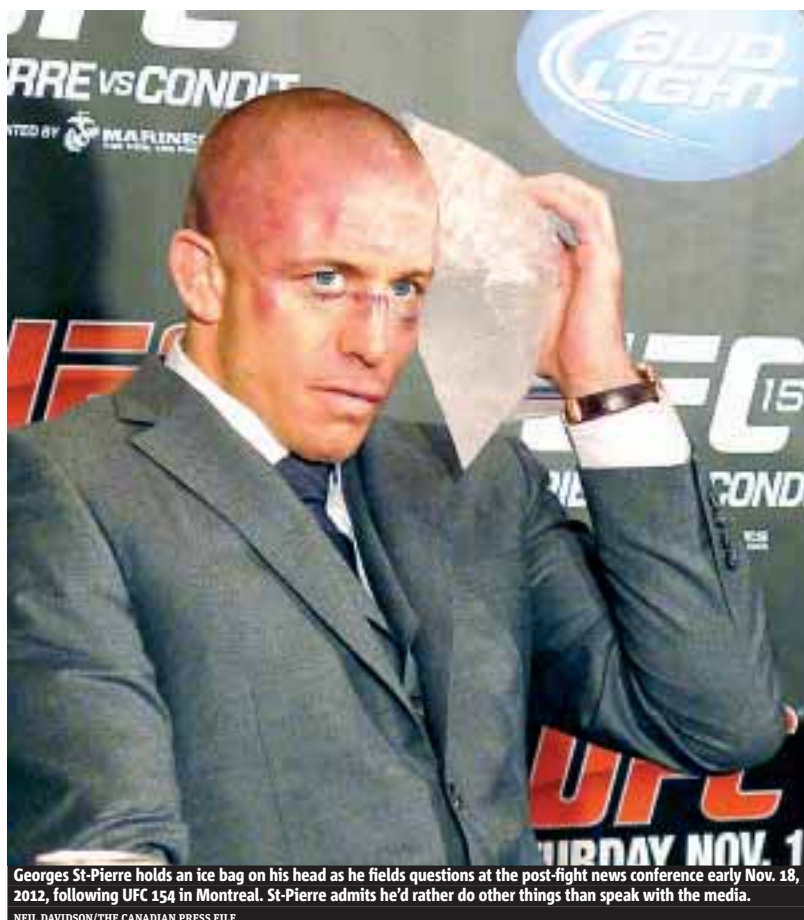
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Georges St-Pierre holds an ice bag on his head as he fields questions at the post-fight news conference early Nov. 18, 2012, following UFC 154 in Montreal. St-Pierre admits he'd rather do other things than speak with the media.  
NEIL DAVIDSON/THE CANADIAN PRESS FILE

# St-Pierre hopes that Diaz isn't pulled out of UFC title fight

**MMA.** Canadian at ease with the media, but admits he'd rather spend time training or doing other things

Being trapped in the middle of a media scrum is not Georges St-Pierre's idea of a good time, but the mixed martial arts champion is always glad to do it.

Then again, it only ever seems to be an issue when his opponent is the apparently camera-shy Nick Diaz.

And that's who St-Pierre is set to face when he puts the welterweight championship on the line March 16 at UFC 158 at the Bell Centre.

Diaz reportedly came within a whisker of being pulled from the fight card when he recently failed to show up for three scheduled interviews. While he eventually did attend to his

## Winning streak

- St-Pierre (23-2), the UFC welterweight champion, will be going for an 11th win in a row.
- He's seeking a second straight win since he ended a 19-month injury layoff with a victory by unanimous decision over Carlos Condit at the Bell Centre in November.

media obligations, it's anyone's guess as to what UFC boss Dana White will do if Diaz is a no-show again at events leading to the fight with St-Pierre.

"I hope they don't take him out because I've trained hard," St-Pierre said Tuesday amidst a thicket of cameras after a public workout at the Tristar gym. "He'll show up."

"It would be inconceivable that he doesn't. He can make some money that will maybe

last the rest of his life. Not showing up would be really stupid, and he's not stupid. He's strange and unorthodox. He has maybe had trouble dealing with stress in the past. But he's not an imbecile."

Diaz has been in trouble for missing media events before.

St-Pierre was supposed to fight Diaz at UFC 137 in October 2011, but the Stockton, Calif., native was taken off the card when he skipped some pre-fight promotional events. St-Pierre eventually also pulled out with a knee injury.

St-Pierre is one of his sport's biggest stars and the Quebec native is always in demand for interviews and appearances.

"Seriously, I despise it," he said. "I like you guys (reporters), but I don't like doing this."

"I've been repeating the same thing 50 times every week. It's like a computer in my head. But it's part of my job, so he has to do the same. Otherwise, it's not fair."

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**Horoscopes**

**Aries**

**March 21 - April 20**

You are going through rather an intense phase at the moment and it's putting a strain on your body, mind and emotions. Take a break. What you are searching for will be found the moment you stop looking for it.

**Taurus**

**April 21 - May 21**

Don't hesitate today or you may lose momentum and give your rivals a chance to catch up. All's fair in love, war and business and if you make sure you are first, the rewards are sure to follow.

**Gemini**

**May 22 - June 21**

Listen to your instincts and act on what they tell you. If you have one brilliant idea today you will probably have a dozen or more, so you need to be selective. What is the most realistic option? Go for it.

**Cancer**

**June 22 - July 23**

Cut through all the confusion and get to the root of a problem that has been causing you a lot of sleepless nights. All you have to do is stick to the facts and avoid making value judgments. Sounds easy, doesn't it?

**Leo**

**July 24 - Aug. 23**

How often have you been told not to act in haste? Too many, no doubt, but today you are invited to act as quickly as you like. In fact, the quicker the better. You simply can't put a foot wrong now.

**Virgo**

**Aug. 24 - Sept. 23**

You may be practical by nature but you have flashes of inspiration like everyone else and you should listen to what your inner voice tells you today. One good idea, in particular, could be a money spinner.

**Libra**

**Sept. 24 - Oct. 23**

Important things will only get done today if you step up to the plate and take charge. Inevitably, some people will complain but you don't have time to argue: they either do as they are told or get left behind.

**Scorpio**

**Oct. 24 - Nov. 22**

Do you get the feeling that someone is trying to annoy you for the fun of it? Whether or not it is true, you are advised not to lose your temper with them. Really, it's just not worth the hassle.

**Sagittarius**

**Nov. 23 - Dec. 21**

Try to arrange things so that you don't do any real work at all. Put yourself forward as team leader. Take a supervising role. While others are working their fingers to the bone, you'll be getting the praise!

**Capricorn**

**Dec. 22 - Jan. 20**

If someone offers you an apology today, you must accept it. No matter what it is that caused your falling out, it's obvious that they don't hold a grudge. So, there is no reason why you should either.

**Aquarius**

**Jan. 21 - Feb. 19**

You will be in inspired form today. You will come up with ideas that others simply don't have the insight or intelligence to think of. But remember that good ideas are like manure — they work best when spread around.

**Pisces**

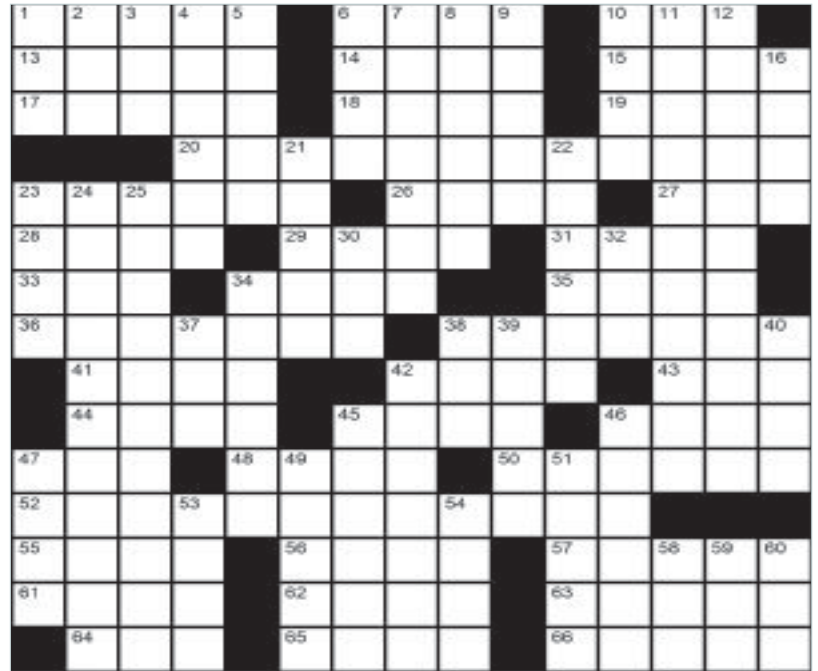
**Feb. 20 - March 20**

It may seem as if someone has let you down or, worse, betrayed a secret about you, but don't get on your high horse just yet. It could be there's another side to this story. Stay calm and find out what it is. **SALLY BROMPTON**

**Crossword: Canada Across and Down**

**Across**

1. Zeppelin's "Whole \_\_ Love"
6. Speed of sound, \_\_ 1
10. "Eeew."
13. Christina Aguilera's " \_\_ to You"
14. Tooth complaint
15. Mr. LaBeouf
17. Commenced
18. Helen of \_\_
19. Criminal escapes
20. Bit of Leonard Cohen's "Hallelujah": "Love is not a \_\_ / It's a cold and it's a broken..."
23. Legendary lady of Coventry
26. Mr. Bridges, Jeff's actor brother
27. Assemble the bricks
28. Car rental company
29. Mardi \_\_
31. Come across as
33. Guitar master Mr. Paul
34. Plane reservation
35. Short-term worker, shortly
36. "Happy Days" diner
38. Spice Girls smash
41. Cowardly Lion's alter ego in Kansas
42. Extinct bird
43. Not specialized [abbr.]
44. Looked
45. \_\_ fide
46. Exclusively
47. \_\_ the Record Man
48. Compass/ruler set, for short
50. Ms. Anderson
52. Shakespeare's place-for-plays: 2 wds.
55. 'Slithy' Lewis Carroll creature
56. Prefix with 'are' (Land measure)
57. Shrek, and others
61. Je \_\_, Tu es, Il est...
62. " \_\_ my wit's end!"
63. Molten rock
64. \_\_ builder (Stage gig)
65. Particle physics lab near Geneva
66. Actor, Sean \_\_



**Down**

1. Ad- \_\_ (Off-the-cuff)
2. 'Rem' ender (TV clicker)
3. \_\_-of-war
4. Country singer Randy
5. Couple's yrly. celebration
6. Toronto jazz singer Mr. Dusk
7. Circus performer
8. Tasks
9. OutKast hit!: 2 wds.
10. Filmdom's Ms. Fisher
11. Celine Dion's birthplace in Quebec
12. 19th Prime Minister, in 1993: 2 wds.
16. Like fireplace residue
21. Like pet store birds
22. "I \_\_ longer..." (Habit-quitter's pledge)
23. Grand event
24. Fanatical
25. 1955's "Lady and the Tramp", for one: 2 wds.
30. Univ. dorm supervisors
32. 'Eight' ender
34. "We Are Family" by Sister \_\_
37. 'Rev' add-on (Take back)
38. Came through
39. Conform
40. "Orinoco Flow (Sail Away)"

- singer
42. Glassed-enclosed VIA Rail spot: 2 wds.
45. Puccini opera, La \_\_
46. Beginnings, Alphas ...Conclusions, \_\_
47. Li'l drill instructors
49. Moral principle
51. Fragrance
53. Most proficient
54. Office memo abbr.
58. Mil. unit
59. Poet Ms. Dickinson, to pals
60. \_\_ Francisco

**Yesterday's Crossword**



**Sudoku**

**How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Yesterday's Sudoku**



**Today**

**-3°/-8°**  
Variable

**Saturday**

**-5°/-13°**  
Variable

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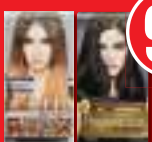
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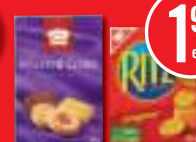
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